

A woman wearing a wide-brimmed hat is holding a bouquet of pink roses. In the foreground, a large, single pink rose is prominently displayed. The background is a soft-focus landscape with greenery and a body of water.

# 6 SIMPLE WAYS TO AVOID BIZ *Burnout*

*Love* WHAT YOU DO.  
*Kick ass* WHILE YOU DO IT.



# 6 WAYS TO AVOID BIZ BURNOUT

## 1. TAKE REGULAR DANCE BREAKS

Crank the volume on one of those songs that reminds you of how badass you are and **DANCE**. Shaking your groove thing every once in a while helps you clear your head and make room for more of your brilliance! Did you know that you get a much bigger release of endorphins when you dance than during any other form of exercise? You know what that means... Shake yo booty!

## 2. REMEMBER TO ALLOW YOURSELF R&R TIME!

Have you ever heard the expression, "You can't pour from an empty cup?" It's absolutely imperative that you don't let yourself burn out. Take time for yourself to refuel! Take a bath, throw on a face mask, or treat yourself to a massage. It's okay to be a little selfish sometimes; pencil your R&R time in to your schedule- you deserve it, girl!

## 3. OUTSOURCE WHAT YOU DON'T LOVE

You didn't summon the courage to start your own business so that you could dive into a career that you **HATE**. You should be focusing on the things that you are **PASSIONATE** about and outsourcing the tasks that you aren't excited about! Find a kick-ass VA or hire a bookkeeper... if you don't love what you're doing, someone else will!

## 4. PROTECT YOUR TIME

Set clear boundaries for your office hours and stick to them. At least once a week, set the phone down, close the laptop and instead of working late into the night, go have dinner with your partner or take the kids to the park.

"DOING WHAT  
YOU LOVE IS  
FREEDOM. LOVING  
WHAT YOU DO IS  
HAPPINESS."

- Lana Del Rey



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## 5. MAKE BIZ BESTIES

There are amazing women out there that are going to build you up, make you feel like you're unstoppable, and walk right beside you on your way to success.

**FIND THEM** and surround yourself with them. If you haven't already, click **HERE** to join my free Facebook community, Feminine Business Magick to connect with amazing frempreneuers just like you!

## 6. CELEBRATE YOUR WINS

You are abso-fucking-lutely awesome and you should celebrate that on a regular basis! Every win takes you one step closer to your goal and that's a big deal. Don't underestimate your success. Go out for a drink, buy yourself that pair of shoes you've been eyeing, or throw a dang **PARTY!!!** Celebrate your genius!

## 7. BONUS TIP: JUST HAVE FUN!

This is in fact the #1 rule to avoiding biz burnout, let's get honest, if your business isn't fun anymore, than burnout is either right around the corner, or you're already living in burnout city...it's time to GTFO of there!!! Follow any of these simple tips to bring yourself peace and serenity in your daily life ALL while crushing your most important goals and dreams! Being a biz babe doesn't have to equal living the burnout life! You got this boo...



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### WHO IS HEATHER HARTMAN?

Hi, I'm Heather! I'm a Feminine Feminine Biz Witch for the Soul Led Female Entrepreneur who's ready to Step into Bold and Sacred Leadership, and who desires to build a sustainable, profitable business with integrity and passion.

I work with my clients to help them build a business in the Feminine Paradigm using different tools and modalities to help business owners heal their relationship to themselves, to money, and to selling, helping them create and implement business systems that are scalable.

These results are experienced using intuitive business strategy at the intersection of feminine creativity and masculine structures.

**I'd love to invite you to schedule a free Possibility Call with me to see how I can support you in your business upgrade!**  
**Tap the feather to book your free call!**

